



## THE SECRET OF HOW TO KEEP YOUNG

BY LILLIAN RUSSELL.

To many women, the matter of keeping young is a problem that seems almost unsolvable. This is because they do not give heed to the importance of the matter. They look in the glass, see with regret the approach of "crow's feet," or a gray hair or two, and then go away to lament over the ravages of time, without making any effort to overcome the old gentleman's advances. And, after all, it is a comparatively simple thing to keep fresh and youthful-looking without the aid of cosmetics, enamel, dyes and other mineral or vegetable substances which may serve the purpose for a time but in the end leave the user all the worse for the application.

There is nothing like exercise and diet to promote the good health which is a necessary accompaniment of—in fact the vital principle which serves to preserve—youth and beauty. The average woman of today is apt to sacrifice all things to her comfort. Exercise is a bore; dieting is troublesome and almost painful; because effects are not at once apparent, she dispenses with any little reform in the mode of living which, in a contrite spirit, she may have taken up. I have known women who made firm resolves to undergo a systematic course of exercise and followed it up religiously for a few days, meanwhile scanning their glass eagerly to note results. None developing at once, they have voted the whole thing a fraud and gone back to the old routine of pleasure and indolence.

The woman who is really in earnest about preserving her beauty and youth will find, in a short time, that the few simple rules to follow soon become a source of genuine pleasure. I say rules, but that is not to be taken literally. There are no set rules to follow; one must be guided by common sense, and enter thoroughly into the spirit of the thing, for mind has as much to do with accomplishing results as the actual training. The woman who assigns to herself the task and then goes about it in a desultory fashion, with half-hearted hopes of achieving ends, would better not make the attempt at all. The system of exercise I follow may, to some, seem almost heroic. To me it is an absolute pleasure, and has now become a sort of second nature. In the first place, when I awaken in the morning I drink at least two cups of hot water. Then a plunge in a warm bath is followed by a thorough massage, and I take a few minutes of rest before eating breakfast. This meal consists of a piece of dry toast and, perhaps, a cup of weak tea. If it is summer time, a game of tennis or practice with the medicine-ball is next. All the muscles are brought into play, and at the expiration of fifteen minutes I am in a profuse perspiration. But the game is enjoyable, and I continue until thoroughly weary. Then into the bath-tub again and another rub-down, and I am ready for breakfast No. 2, which consists of a lean chop and toast—but nothing of a liquid nature.

If the day is fine, a spin on my bicycle is next in order. For this I wear a medium weight sweater over my regular costume, and the ride is never less than ten miles and at a pretty good pace. Reaching home, and after another rub-down, I don some loose costume and read or otherwise pass the time until lunch. This meal is always very simple, all starchy or fattening foods being religiously excluded. Allowing a little time for digestion, some other game is indulged in—such as tether-ball, or perhaps golf. A short carriage drive follows, with a bath and massage at the finish. This takes me up to dinner time, when usually I eat what my fancy dictates. That is the one meal of the day in which I do not stint myself, although I avoid, so far as possible, any foods which have a fattening tendency. The evenings, too, are spent in quiet relaxation, as I consider I have done enough for the day. The following morning the same schedule of baths, exercise and massage is followed, and I take genuine pleasure in carrying out the schedule laid out. There is nothing hard or disagreeable in what I do. In the winter, when bicycle riding is out of the question, I play ping-pong, or row a few miles in an indoor boat. The punching-bag, I find, is a grand form of exercise, and I am becoming an expert at that.

The care of the skin is, of course, an important factor. The simplest forms of emollients, used in connection with facial massage, I find are the best. But they are of little use without the exercise which brings the natural glow of health to the cheeks.

The hair should be carefully looked after, as nothing so much tends to make a woman look youthful or pretty as her "crowning glory." Frequent shampoos, combined with persistent brushing, will do all that is necessary in that line.

But, above all, avoid worry. Nothing will bring wrinkles to a woman's face quicker than fretting over real or imaginary evils. That is where the mind must aid the body. All the diet and exercise in the world will not remedy defects caused by an uneasy mind. This is a doctrine that has been preached

for centuries and I can say nothing new regarding it. It is easy to be bright without being frivolous and merry without gaining the reputation for being shallow. A contented mind is, after all, the greatest beautifier of the age.

### CARIB CANNIBALS.

A recent Colonial report on the Caribs of Dominica is interesting. Very mysterious is the origin of the fierce savages, now almost extinct, who were in possession of the smaller West Indian islands when the first white man burst "into that silent sea." They showed a distinct Mongolian character, and it would be hard to distinguish a Carib infant from a Chinese child. Some twenty years ago a Chinaman, who had drifted to Dominica, declared the Caribs to be his own people, and married a pure bred Carib woman. The resultant child showed no deviation from the native type. Today they have dropped their man-eating ways; but in the sixteenth century they scoured the Spanish Main in search of human food, and from Porto Rico alone have said to have taken more than five thousand men to be eaten. Though Spaniards, Frenchmen, Dutchmen, negroes, or Arrowaks, were all meat to them, yet these Caribs seem to have shown preference for certain nationalities. Davis, for instance, in his "History of the Caribby Islands," tells us that "the Caribbeans have tested of all the nations that frequented them, and affirm that the French are the most delicate, and the Spaniards are the hardest of digestion." Laborde, also, in one of his jaunts in St. Vincent, appears to have overtaken, on the road, a communicative Carib who was beguiling the tedium of his journey by gnawing at the remains of a boiled human foot. This gentleman only ate Arrowaks. "Christians," he said, "gave him the belly ache."

### MRS. STANTON ON THE BIBLE.

The last published communication from Elizabeth Cady Stanton was the following letter to the New York Evening Post:

"In view of the recent judicial decision that the Bible shall not be read in the public schools of Nebraska, I suggest that inasmuch as the Bible degrades woman, and in innumerable passages teaches her absolute subjection to man in all relations, in the state, the church, the home, and the whole world of work, it is to her interest that the Bible, in its present form, should be taken from the schools and from the rising generation of boys, as it teaches lessons of disrespect for the mothers of the race. Or else to get out an expurgated edition of the Book, putting in one volume all the grand declarations, the moral lessons, poetry, science and philosophy, and in another all the Christian mythologies, for those who would value it as ancient literature. The first would then be fit to place in the hands of the rising generation."

"ELIZABETH CADY STANTON.  
"New York."

### PLANTS THAT COUGH.

Man has not a monopoly of coughing. Before there was a vertebrate on the earth, while man was in process of evolution through the vegetable world, Etada tussiens—that is what botanists call him, while we know him as "the coughing bean"—coughed and blew dust out of his lungs. Recently botanists have been giving special attention to this bean, and tell interesting things about it. It is a native of warm and moist tropical countries, and objects most emphatically to dust. When dust settles on the branching pores in the leaves of the plant and chokes them a gas accumulates inside, and when it gains sufficient pressure there comes an explosion with a sound exactly like coughing and the dust is blown from its lodging. And, more strange still, the plant gets red in the face through the effort.

### WANTED TO SAVE TROUBLE.

A British major was sent some years ago to establish order in a small town in Africa which had been placed temporarily in charge of the local military commandant, a man who had risen rapidly from the position of storekeeper and who, not satisfied with his official elevation, had elevated himself on the day the major arrived by drinking too much. The first act of the major was to place the commandant under lock and key, but the inebriate managed to burst his bonds and invade the telegraph office, from which place he dispatched this wire to the colonial office: "Chamberlain, London: Man here named Thorold questions my sobriety. Who is Thorold? Wire at once to avert bloodshed."

Fussy clergyman (angrily to attend on the tuppenny tube)—"Do you allow drunken people on the train?" Attend—"Sometimes, but not when they're too drunk. Just take a seat in the corner there, and you'll be all right."—Glasgow Evening Times.

## THE BRITISH REVERSE IN SOMALILAND



An advance party interviewing native spies in the bush. Note the giant ant-hill, on one of which a scout is perched.

### OLD MEN WORKERS.

Men of thought have always been distinguished for their age. Colon, Sophocles, Pinder, Anacreon, and Xenophon were octogenarians. Kant, Buffon, Goethe, Fontenelle and Newton were over 80. Michael Angelo and Titian were 89 and 99 respectively. Harvey, the discoverer of the circulation of the blood, lived to be 80. Many men have done excellent work after they have passed 80 years. Landor wrote his "Imaginary Conversations" when 85; Isaac Walton wielded a ready pen at 90. Hahnemann married at 80 and was still working at 91. Michael Angelo was still painting his giant canvases at 89, and Titian at 90 worked with the vigor of his early years. Fontenelle was as light hearted at 98 as at 40, and Newton at 83 worked as hard as he did in middle life. Cornaro was in far better health at 95 than at 30 and as happy as a sandboy. At Hanover Dr. Du Bois was still practicing as a physician in 1897, going his daily rounds at the age of 103. William Reynolds Salmon, M. R. C. S., of Conbridge, Glamorganshire, died on March 11, 1897, at the age of 106. At the time of his death he was the oldest known individual of indisputably authenticated age, the oldest physician, the oldest member of the Royal College of Surgeons, England, and the oldest Free Mason in the world.—Chamber's Journal.

### KIPLING'S "EVIL EYE."

Fishermen in and around Gloucester, Mass., are firmly of the opinion that Rudyard Kipling has "the evil eye." He wrote a book about them some years ago and named twenty fishing boats therein. Everyone of those boats has met with disaster, the last two having foundered in a recent gale. Among English soldiers there are not a few who also think that there is something uncanny about Kipling's eye.

### BIG TIPS IN ST. PETERSBURG.

Speaking of high prices, Henry Norman's new book on Russia throws some interesting light on what it incidentally costs to visit St. Petersburg. To begin with, he tells us every house and hotel there contains a swarm of servants, and each one expects a tip. The man who takes your coat and hat at a private house thinks ten cents is little enough, and if you give a dollar or two to the attendant who performs the same modest service at an official residence he is only satisfied. The tips of a wealthy Russian to a waiter at a good restaurant are something enormous. A decent room in a first-class hotel costs about \$4 a day, and a closed carriage to take you to dinner, ten minutes drive away, costs \$5. A few sheets of note paper in your hotel costs you a shilling, and the cheapest kind of a bath \$1. Mr. Norman is a great traveler, and it is his testimony that St. Petersburg is far and away the most expensive city in the world.

## SCIENTIFIC

Anti-typhoid inoculation is claimed to have lessened the number of cases and the mortality.

Electric anaesthesia proves valuable in surgery as well as in dental operations. By high-frequency alternating currents a French surgeon has produced insensibility so lasting that a serious and difficult operation was performed, the patient feeling nothing.

The inertia of a 2000-pound automobile at 75 miles an hour is calculated by E. Hospitalier to be the same as would be given by a fall of 196 feet. The retarding power developed by the brakes on the trail tires must average about 60 horse-power, though the maximum strain may be nearly twice as great.

The unpleasant odor arising from the first fire in heating apparatus has been investigated in Germany. It is found that the fine dust collecting in pipes and on steam coils during a season of rest contains much moisture and is rich in micro-organisms, and the first warmth causes the organisms to vegetate in great numbers. This sets free much ammonia, which gives the disagreeable and irritating smell.

In the new Dessoille process of copper plating, the cleansed metallic articles, first subjected to an electric current in a preparatory "adhesion bath," are placed in the usual plating bath, and the latter is driven forcibly in jets against the articles and the anodes. This removes gas and impurities from the bath. The result is a perfectly smooth deposit of copper, which can be given unusual thickness with great durability.

A German motor wagon for military use, known as the Kellar wagon, has the novel feature of a movable railway track under its wheels. The wheels are two feet in diameter, and each is surrounded by a rail in the form of a hoop seven feet in diameter, with a broad and flat outer surface. Each rail is held in place by two flanged guide wheels, by which the steering is done. With a fair load, the 28 horsepower engine gives a speed of 8 miles an hour.

Casks of corkwood, the recent invention of a resident of Algeria, are claimed to have important advantages. Cork being a bad conductor of heat, liquids are protected from freezing on exposure to cold, and perishable substances are preserved from heat in warm climates. An interior coating keeps the contents from contact with the cork. The staves do not warp, and an eleven-gallon cask weighed only 30 pounds instead of the 80 pounds that would have been its weight in ordinary wood.

Metallic calcium by electrolysis has been produced by Prof. Boychov, of Aix-la-Chapelle, only after many failures. The perfected process is very simple, calcium chloride being the only compound used, and it gives promise of reducing the price of calcium from nearly \$2,000 a pound to less than a dollar. The metal is as soft as hard butter, rapidly oxidizing into lime on exposure to air. As a reducing agent, it would be useful in chemical research and organic synthesis, and possibly for freeing iron from sulphur and phosphorus.

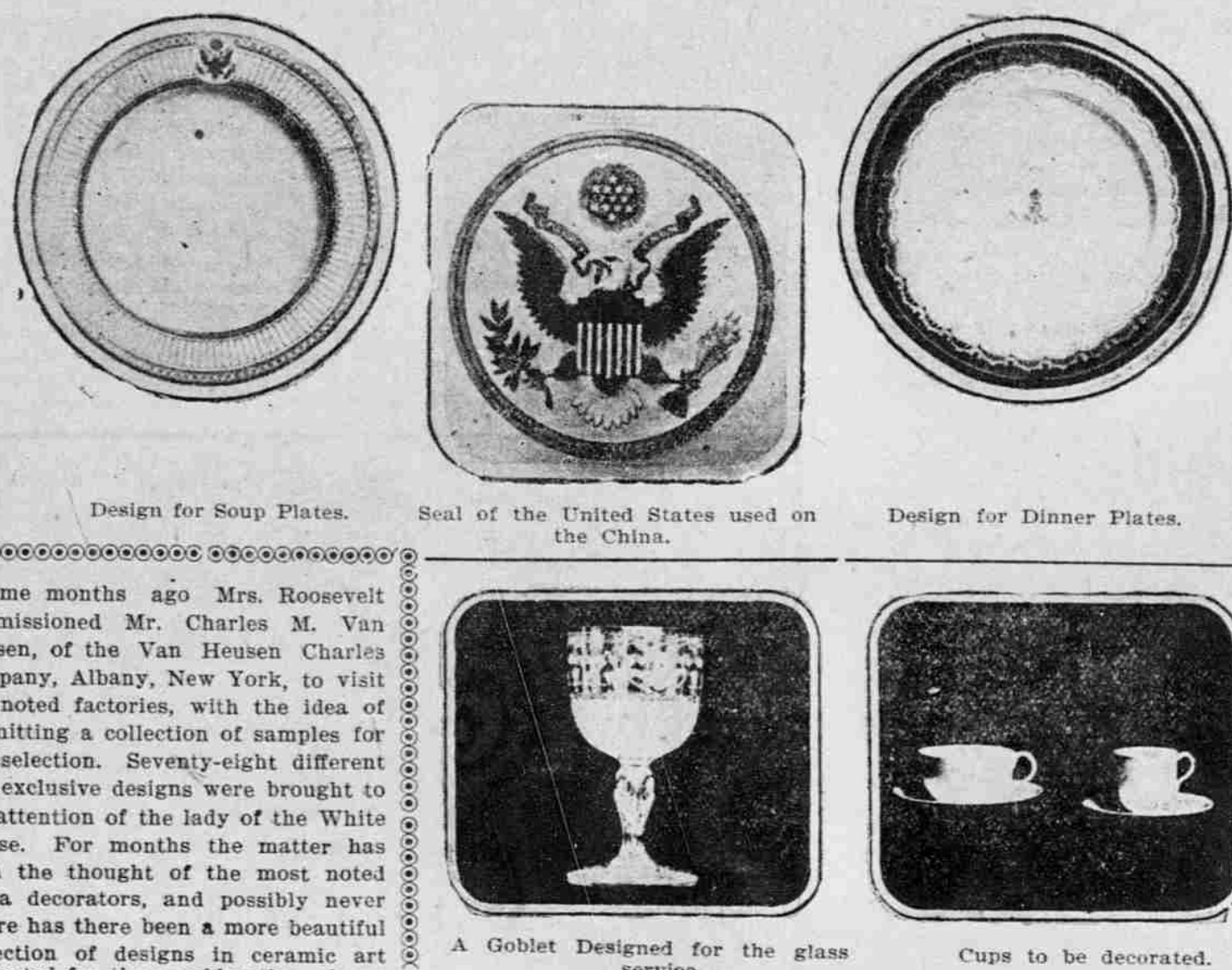
Investigation about a year ago showed that the balata tree grows in abundance along thousands of miles of the Amazon and its tributaries, but that the Brazilians were rapidly cutting the trees for firewood and building material. Since then the production of gutta-percha from this source has been begun. Each tree yields an average of 3½ pounds, and a competent bleeder can prepare 40 to 50 pounds per day, one man's work producing as much sap as 20 men can get from rubber trees. The gum is ready for shipment after being fermented and then dried.

While the cause of righthandedness is a subject of dispute, artists and others often work with the two hands alternately, and the idea is gaining ground that ambidexterity is an accomplishment that should be cultivated. Physicians are even contending that it aids the general health. Children in Japan are early taught to write and draw with both hands, and German schools are now making left-hand work during a part of the time compulsory. But little practice is necessary to give the left hand proficiency in the use of saw, plane, hammer, etc., as well as in writing.

From reports by members of the German cancer commission, Prof. Hirschberg finds that up to the sixtieth year cancer is more common in women than in men, the difference being small at greater age. In men 435 cases in 1000 are in the stomach, while in women 270 of each 1000 affect the uterus and 243 are in the breast. Among old people cancer is more frequent in the unmarried, the reverse being true among young people. Hereditary influence was proven in only 17 per cent of the cases; infection was suspected in 435 cases. Living in regions where chemical fertilizer is employed seems to predispose to cancer of the stomach, as does also the use of acid wines and cider.

About 50 earthquakes yearly, according to Prof. John Milne, disturb the world throughout its mass. Between January 1, 1899 and January 1, 1902, the world-shaking earthquakes numbered 196, of which 25 originated west and south of Alaska, 14 west of Central America, 16 west of the Antilles, 12 west of the Andes, 29 east of North Japan, 41 south and east of Java, 17 north of Mauritius, 22 on the east side of the North Atlantic, 3 on the west side of the North Atlantic, 3 in the North Atlantic, and 14 in the Balkan, Caucasian and Himalayan region. These sources are near the base of the steepest flexures, are all submarine except the last three, and their boundaries are mostly lined with volcanic peaks. Both on land and under the sea, the great earthquakes seem to be accompanied by deepening of the furrows and an elevation of the flanking ridges. The elevation may re-open long-sealed volcanoes, as in the eruptions in the Antilles in 1692, 1718, 1766, 1797, 1802, 1812, 1836, and 1902. The small earthquakes, of which 10,000 a year are recorded in the world, have no sensible connection with volcanoes.

## THE NEW WHITE HOUSE CHINA



Design for Soup Plates.

Seal of the United States used on the China.

Design for Dinner Plates.

A Goblet Designed for the glass service.

Cups to be decorated.

Some months ago Mrs. Roosevelt commissioned Mr. Charles M. Van Heusen, of the Van Heusen Charles Company, Albany, New York, to visit the noted factories, with the idea of submitting a collection of samples for her selection. Seventy-eight different and exclusive designs were brought to the attention of the lady of the White House. For months the matter has been the thought of the most noted china decorators, and possibly never before has there been a more beautiful collection of designs in ceramic art presented for the consideration of any one with a similar idea in view. It seemed as though any taste could be gratified—deep rich reds, beautiful blues and yellows, Rose du Barry, and the different shades of green to the very simplest treatments that can be imagined.

The one selected by Mrs. Roosevelt is a simple Colonial pattern, with the obverse, or front, of the great seal of the United States enameled in color as the decorative feature. It was made by Wedgwood, and covers the requirements possibly better than any of the others. One disadvantage, however, of which the democratic simplicity of this country boasts, is that there are no heraldic emblems, and Mrs. Roosevelt was very anxious to have a service which would be distinctly known as

the White House service. There are, however, two or three emblems which can be used to denote the presidential position. One is his personal seal, but which is no different from the seal of any notary public. Another is the great seal of the United States. It was finally determined that the great seal should be enameled on the service, and then the hunt for the samples began.

The great seal, as originally adopted by the statute of June, 1782, consists of two faces, an obverse, or front, and a reverse, or back.

It is understood that but one piece signed by John Wedgwood is known to exist, and that bears the name and date, 1691, incised around the jug.

The design selected by Mrs. Roosevelt has been patented and copyrighted for the exclusive use of the White House. The executive designs will not be sold out of the White House under any consideration.